

Before You Start Cooking



1 Wash your hands with soap before you start working.



2 Wear an apron so your clothes will not get dirty.



3 If you have long hair, you can tie it back so it will not bother you while you cook, and no hair will fall into the food.



7 If you need to use the burners on the stove, please **ask an adult** to help you, too.



8 If you need to use the oven, it is a good idea to turn it on just as you begin the recipe so it will be hot when you finally need it.



9 Turn off the stove or the oven when you have finished using it.



4 Before you start, read the recipe. Make sure you have all the necessary ingredients, and follow instructions step-by-step.



5 Weigh and measure all ingredients before you start cooking.



6 **Ask an adult** to help you turn on the oven or to cut ingredients with a sharp knife or scissors.



10 Use pot holders to take pots, pans, or trays off the stove or out of the oven so you will not burn your hands.



11 Move the pot handles out of the way so you do not knock into them accidentally and drop them or burn yourself.



12 Clean the utensils as you cook. When you are done cooking, leave the kitchen as tidy as you found it.

Pancakes with Whipped Cream

Ingredients:

1/2 cup of all-purpose flour

1 3/4 tablespoons of sugar

2 eggs

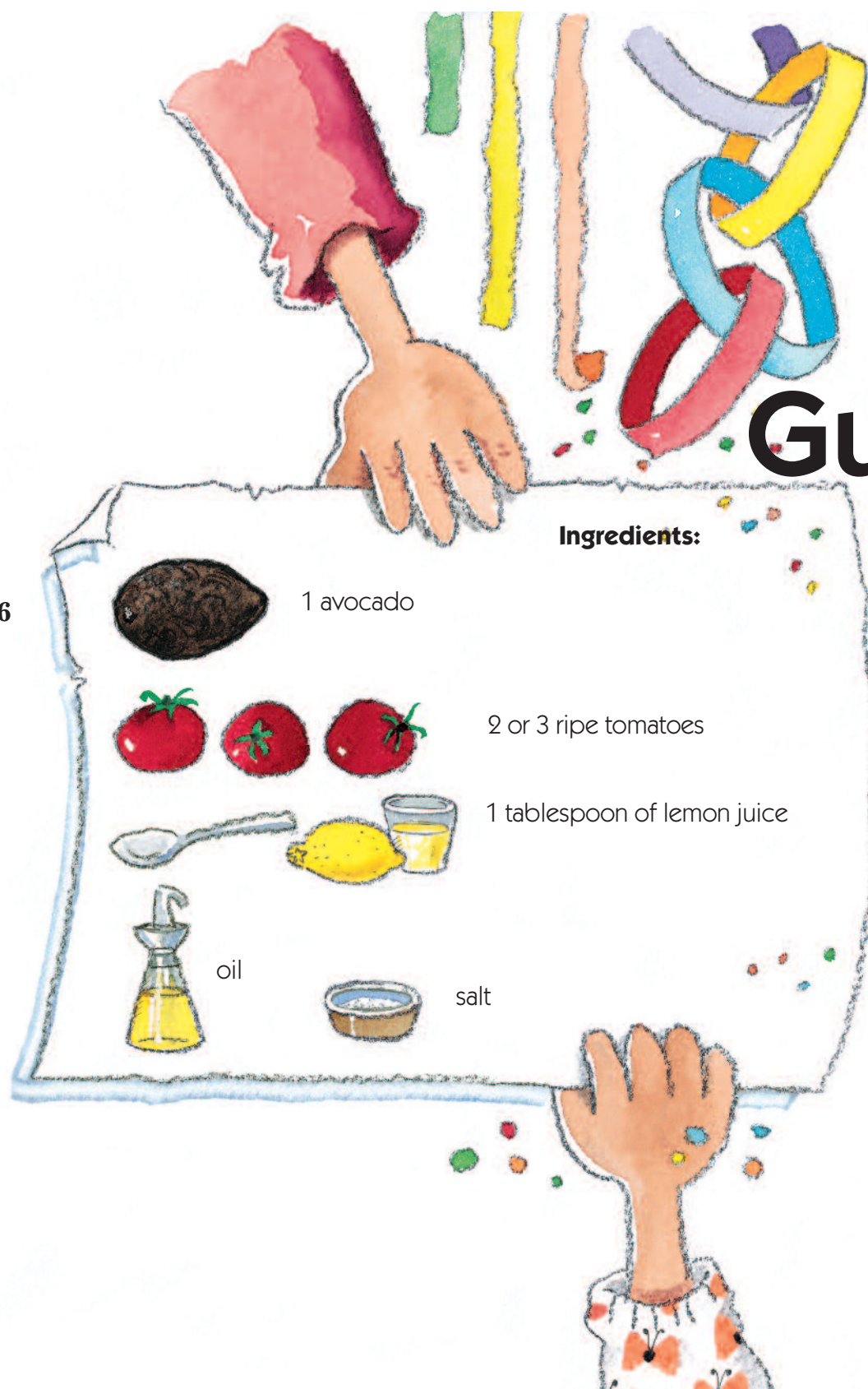
1 3/4 tablespoons of butter

1 cup of milk

a dash of salt

*You can also serve
the pancakes with
hot fudge, jam,
honey, or ice cream.*





Ingredients:

1 avocado

2 or 3 ripe tomatoes

1 tablespoon of lemon juice

oil

salt

Guacamole

1 Cut the avocado in half. Take out the pit, and scoop out the fruit pulp with a spoon.

2 Cut the tomatoes into small pieces.

3 In a bowl, mix the avocado, a tablespoon of lemon juice, tomatoes, a little bit of oil, and a little bit of salt using a hand blender. You can also use a regular blender.

4 Serve the guacamole in a bowl with tortilla chips or crackers.

1



2



3



4

